



Weekly Information & Communication



May 30, 2016

Cooking Matters at the Store App

Cooking Matters has a free app that works on Apple products available for participants to download for information on:

- Stick to your grocery budget.
- Save on fruits and vegetables.
- Compare unit prices to find the best deal.
- Prepare healthy meals using 100 tasty recipes!

If a participant wants to participate in the pilot for the project, they can text EARN to 877877 before July 1st. Select individuals will receive a \$10 gift card for their participation.

[Flyers](#) and [mini handouts](#) are available in English and Spanish. A page showing 3 [screen shots](#) of the app is also available.

CEU Opportunity

WICWorks has a new VENA online course now available. This is a free, self-paced course that can be completed and applied for WIC CEU's, 1 CEU for Dietitians, and 1 CEU for Nurses. Please see the description below.

[VENA: Connecting the Dots between Assessment and Intervention](#) provides continuing education and resources that can be accessed by any WIC staff member. This free, self-paced, repeatable course has been designed to assist in all areas of providing WIC nutrition services. It supports VENA (Value Enhanced Nutrition Assessment) as the bridge to connecting the assessment to the intervention so that WIC can provide effective participant-centered services (PCS).

There are 4 lessons in this course:

- VENA and Participant-Centered Services
- Engaging Participants in Education and Counseling
- Path to Participant Success: Food Packages and Referrals
- Establishing Goals and Following Up

If you have additional questions please contact [Lacy Little](#), 406-444-5923.

Formula Orders

If you are planning on placing any formula orders in June, please have all orders submitted to the state office by June 10th. We will not be placing orders (unless it is necessary) the rest of the month due to end of fiscal year. We will resume ordering on July 1st. Thanks for your understanding.

June Outreach Tip

In the month of June, reach out to your local military detachment and/or military family support center. Some examples are the VA, guard/reserve/active military installations, VFW, Vet Center, or any other veteran/military services in your community. Potentially eligible's may be aware that WIC provides healthy foods, but not other aspects of the program. Leave information with income guidelines, clinic locations, and operating times.

University of Minnesota National Maternal Nutrition Intensive Course

July 27-29, 2016, the in-person National Maternal Nutrition Intensive Course will be offered in Minneapolis, MN. Another option is to view the streaming videos from September 1st to November 30th for a cost per individual of \$20 for 12 CEU for RDs, RNs and MT WIC. More information on the agenda and registration for the in-person and the streaming video options are available [here](#).

Updated Kroger Frozen Vegetables Recall Information

Kroger announced a recall of selected frozen vegetables under its private labels. An [update](#) to that announcement was made on May 21st. This includes Smith's, Fred Meyer, Fry's, King Soopers, City Market, Ralphs, Food 4 Less and QFC stores.

Weekly Risk Code Highlight

[Risk Code 341](#), Nutrient Deficiency Diseases is defined as a diagnosis of nutritional deficiencies or a disease cause by insufficient dietary intake of macro and micronutrients. Diseases include, but are not limited to, PEM, Scurvy, Rickets, Beri Beri, Hypocalcemia, Osteomalacia, Vitamin K Deficiency, Pellagra, Cheilosis, Menkes Disease, and Xerophthalmia.

Presence of medical conditions diagnosed, documented, or reported by a physician or someone working under a physician's orders, or as self-reported by applicant/participant/caregiver. See attached clarification for more information about self reporting diagnosis.

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